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FINDING INNER PEACE AMID CHAOS

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Malorie Mackey is an actress, host, and writer living in Los Angeles, CA. Malorie's first book was published in 2017 and her short story "What Love Has Taught Me" has been published in the anthology "Choices." You can find Malorie's travel content on dozens of digital media platforms. Check out www.maloriesadventures.com for more. Malorie's adventures don't just encompass physical adventures. She has been a student of intuition since she was a teenager, studying at Edgar Cayce's A.R.E. In 2019, Malorie discovered the Monroe Institute while filming her travel show. Since then, she has been studying the art and science of consciousness through many different programs and life experiences.

I'm just going to say it: 2023 has become one heck of a year. What was supposed to be a glorious, productive year for me turned into chaos. And it doesn't seem to solely be me, either. According to universal patterns and the art of observation, it actually seems like this year has been quite difficult for many people. While the concept I'm about to share may seem simple, I think it's worth reminding everyone of this basic truth. When we find ourselves in these difficult times, it can be hard to slow down and take the time to find our gratitude and that inner peace we so desperately need. So, I'd like to remind you today of the importance, especially in times of chaos, of connecting back with your inner peace. Here's a good, refreshing way to do so. If you're looking to find your inner peace and reconnect with it, try this simple exercise. Get yourself as comfortable as possible. After all, if you're not fully comfortable, it may be hard to completely connect to that inner joy and peace. This starts with your environment. Be sure you set up a space that makes you as comfortable as possible. Think about your position, adding some extra pillows and blankets into the mix if you like. Maybe light some candles or incense that you enjoy. Make the area extra special to suit your needs.

Then, simply breathe for a bit. Focus on inhaling, feeling the breath fill your lungs. Hold it for a few seconds, then release. Really experience the exhale and how it makes you feel. Do this a few times and focus on the soft rise and fall of your chest. Finding that rhythm to your breath is a natural way to attain a sense of calmness, peace, and ease in the moment. Then, focus on your senses. What do you hear right now? What do you see? Find the small details that exist around you and pull joy from them. Do you smell those candles you lit for yourself? Did you put on some quiet, relaxing music? From there, evoke feelings of gratitude. Think about what makes you the absolute happiest in this world and focus on that joy. Feel truly and completely grateful for those things in your life. With that gratitude fresh in your mind, live in it for several minutes, just soaking in that peaceful happiness you've just created. Try to be as mindful as you can when you do this. After all, mindfulness is very healthy in times of high stress.

After several minutes, even up to thirty or forty if needed, once you feel that you can't get any calmer, begin to slowly open your eyes and notice the world around you. See your environment with new eyes from this place of complete peace and get ready to move back into your day with a refreshed and less stressed mindset.

It's normal to feel the stressors of life, and at this time, many of us are experiencing it more than usual. It's completely normal and okay to feel this way, but knowing how to reconnect with your inner peace in tougher times is one of the best tools you can have on your toolbelt.